

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

June 2015

Volume 07 Issue 6

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A Message From Your Director... Ashley Springman

Lots of announcements this month, let's see...



The Cultural Council is sponsoring a wonderful event at the Senior Center. We hosted this event last year and it got rave reviews so we made sure to bring it back!

Longevity Secrets of the Okinawans, will take place on Wednesday, June 10th, from 9:45-11:00AM. Discover the nutrition and lifestyle strategies that have helped the Okinawans enjoy the world's highest population of centenarians (those living to 100 years of age or older). Join registered dietitian Tricia Silverman as she shares healthy practices that can help you boost your health and perhaps add healthy happy years to your life! See shocking amounts of sugar in common American foods, and learn how decreasing processed foods in the diet can contribute to longevity.

There is room for more participants in the Bone Builder's 3 class, which takes place Wednesdays at 8:15am and on Friday's at 9:30am. This class includes aspects of weight training and exercises to increase strength, balance and bone density. This class is provided by Community Teamwork Inc. and is free of charge. You must be able to commit to both days. See Jan for more information.

As advertised in last month's newsletter the Senior Center will be starting a "50 & Fit" class that will take place every Tuesday evening from 5-6pm. The first class is June 2nd. This class is designed to meet the needs of our working "baby boomers"

and/or those who cannot make it to the center during the day. You must be between the ages of 50-60 or over 60 and still working. The COA Board's goal is to bring in the new generation of "seniors" so they can check out our beautiful center. I apologize to those who would like to participate, but do not fit into these criteria. Space is limited and we must save room for those folks the class was intended for. We do offer over 20 exercise classes during the day. Thank you for understanding!

Lastly, we will be hosting a **Volunteer Appreciation Luncheon** on June 26th, starting a 12pm. Without a doubt, our volunteers keep the Senior Center running with all of their dedication, hard work, and countless hours. You truly are a gift... Invitations to follow!



Thank you all, Ashley



My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*



Volunteer Of The Month Marlene DeBay

Marlene is ALWAYS willing to help! She is very involved with the Monday DJ Jon Dances, coordinating lunches, running the 50/50, collecting tickets and teaching our newer visitors the 'steps'. Marlene participates in several of the exercise classes at the Senior Center and takes responsibility for collecting dues. She is also essential to Tuesday Zingo, fundraising and many of our special events at the center. She is organized and meticulous in all that she does, which showed while decorating the senior float for the Memorial Day Parade. Marlene is always concerned about the well-being of others, for example helping everyone on and off the float, and she is never without a smile. Thank you Marlene, for all that you do and for keeping the spirits at the Senior Center high!



COA Director Ashley Springman and volunteer Bill McDevitt ride on the Senior Float at the Memorial Day Parade.

A Round of Applause . . . For the Craft Class at the Tewksbury Senior Center

for their most recent "Random Act of Kindness"! Last month they stitched teacups that held a teabag and the following "heart-warming" message to be included with each "Meals on Wheels" delivered to Tewksbury residents:

"I wish we could sit down together and have a cup of tea

But since we can't when you have this I hope you'll think of me".



Arlene Wright presents the special teacups to Ginger MacLean and Dolores Montecalvo to be packaged together with the "Meals on Wheels".



The very, very generous Dennis Sheehan, who volunteers his time, equipment and men every year, allowing us to be in the parade!



The always smiling Queen Mother of the Carnation Belles, Ginny Desmond.



Tewksbury residents Captain Patty Blute and Co-captain Bill Sickles from the Tewksbury Rod and Gun's Tewksbury 8 team won the Merrimack Valley Pistol League B level. Photo from the annual banquet which takes place at the Senior Center every April.



Council on Aging- (978) 640-4480

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Joel Deputat- Vice Chair

Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Peg Keefe

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

Melissa Johnson- Recording Secretary

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Sanitarian
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Veteran Services- (978) 640-4485

Lisa Downey
Veteran Service Officer
vets@tewksbury-ma.gov

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!
The winner from last month was: **Joan Hansford**

Thank you to all of the individuals and organizations that compose articles for this newsletter. We just ask that you submit them no later than the 15th of the previous month and keep them short & sweet. READERS: We are always looking for new and interesting material to include in our newsletter. If you are interested in submitting an item for an upcoming newsletter please see Ashley. Happy Writing!

DO YOU LIKE TO BOWL -or- WOULD YOU LIKE TO LEARN?

Wamesit Lanes is offering Tewksbury's seniors the opportunity to start a bowling league at their new state of the art facility opening this fall. The bowling alley will also have tabletop shuffleboard, bocce and a golf simulator that will be available for use! If you interested in finding out more contact Kathy Walsh at kwbraelyn@verizon.net. She will be coordinating a meet and greet with representatives from the bowling alley where you can hear their ideas and they can hear yours while enjoying refreshments. And if you do not have access to email you may sign-up with Jan at the Senior Center.

Thank you to *Wamesit Lanes* for providing this wonderful opportunity!

**TEWKSBURY SENIOR CENTER NO-SMOKING POLICY**

Smoking is not permitted in or around the Tewksbury Senior Center.



Individuals may choose to smoke in a personal vehicle located away from the building or they may choose to smoke on the cement slab located in front of the small, utility shed.

Smoking is prohibited on all other areas of the Senior Center's grounds.

Thank you for your cooperation, Ashley Stuart- COA Director and members of the COA Board

**DO YOU NEED ASSISTANCE WITH YOUR FEET?
SIGN UP FOR OUR FOOT CARE CLINIC**

WHO: Catherine Languedoc RN BSN, CFCN
(Certified Foot Care Nurse)

WHEN: 3rd Thursday of Every Month

WHERE: Senior Center Nurses Office

COST: \$25, cash & check accepted at appointment

Call Jan Conole for appointment at 978-640-4482



WEEKLY SCHEDULE REGULAR ACTIVITIES

Please see pages 6 & 7 for Special Events &
changes to the weekly schedule.

See the insert for May's Lunch Menu

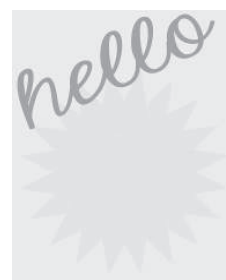
MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11- Blood Pressure Clinic (Except 4th Monday, 11am-1pm)	PM 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	PM 12:30 45's 12:45 ZINGO 1:00 Independent Painting 5:00 50 & Fit Exercise Class
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's
THURSDAY	
AM 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #1
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3	PM 12:30 International Mah Jong

Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
American Red Cross	www.redcross.org
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
Elder Services of the Merrimack Valley	
1-800-892-0890	
(Call this # to report Elder Abuse)	
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

NEW... sending a smile your way!!

COA Board member Kathy Walsh has been appointed the new "Sunshine" lady. She will be sending cards to those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, you can simply email her at kwbraelyn@verizon.net and a card will be sent. Volunteer Marilyn Hebert will be sending birthday cards to seniors reaching a decade milestone. Our birthday list reflects those who completed the town census and/or those who have signed up for a key tag at the center. If you or a loved one do not receive a card contact Jan or Ashley and we will make sure you are added onto the list.



Contact Your Local Representative & Senator



Representative James R. Miceli

Phone: 617-722-2305

Email: James.Miceli@mahouse.gov

Senator Barbara L'Italien

Phone: 617-722-1612

Email: barbara.l'italien@masenate.gov



Friends of the Elderly News*Submitted by Linda Brabant*

The Friends of the Elderly will hold its second Breakfast Benefit on Sunday, June 14th (Flag Day) from 7:30 to 11:00 AM at the Senior Center, 175 Chandler Street. Please note the date change. The menu will include: pancakes, scrambled eggs, bacon, sausage, homefries, beans, toast, a fresh fruit cup and beverages. Adult tickets are \$8, children 5 and over \$4; children under 5 are free. This breakfast will benefit the Senior Citizen's floats and parade activities. It will be our last breakfast for the summer months. Do mark your calendars!

A Friends Foxwoods day trip will take place on Monday, June 1st. Departure from the Senior Center is 7:00 AM sharp. The July casino trip to Foxwoods will be held on Monday, July 6th. Ticket sales will begin on Monday, June 8th at 8:15 AM. The trip cost is \$30 and includes motor coach transportation, a casino package and the driver gratuity. Watch for news on the Friends up-coming Summer Yard Sale which will most likely take place in August. The date will be decided at the next Friend's activities meeting which will be held on June 26th at 9:30 at the Senior Center. All are welcome to attend.

A special note of thanks is extended to all those people who helped with the May Breakfast and will help again at this month's event. To date \$700 has been raised from the 1st breakfast and from several generous donations towards the Senior Citizen's parade float and activities. We thank all our workers, donors and patrons!

THE NEW GENERATION!

Daughter: "Daddy, I am coming home to get married. Take out your checkbook. Dad, I'm in love with a boy who is far away from me. I am in Australia and he lives in Canada. We met on a dating website, became friends on Facebook, had long chats on Whatsapp, and he proposed to me on Skype, and now we've had two months of relationship through Viber. Dad, I need your blessings, good wishes and a big wedding."

Father: "Wow! Really!! Then get married on Twitter, have fun on Tango, buy your kids on Amazon and pay through Paypal. And if you ever get fed up with your husband...sell him on eBay".

A special thank you to the Executive Office of Elder Affairs for supporting our newsletter.

Red Hat News*By Diane Joy*

Looks like there won't be the "Who Am I?" article for June, but here are some interesting June tidbits.

We all know that Flag Day (which was passed by Congress on 6/14/1777) and Father's Day (third Sunday in June) are June Holidays. But did you know there are many other "holidays" for June? I couldn't name them all, but here are some of the ones I thought were interesting:

June is National Candy Month, National Dairy Month; National Iced tea Month; and National Rose Month, to name a few. Then I found that there are daily holidays and special and wacky days . . . **June 1st** is "Dare Day" and "Flip a Coin Day"; **June 3rd** is Repeat Day (yes, I said "Repeat Day"); **June 4th** is Applesauce Cake Day and Hug Your Cat Day; **June 5th** is National Donut Day and World Environment Day; **June 6th** is National Yo-Yo Day; **June 7th** is National Chocolate Ice Cream Day (yum!); **June 8th** is not only Best Friends Day, but "Name Your Poison Day" (which could mean anything from an alcoholic beverage, to choosing between ice cream or cake!); **June 9th** is Donald Duck day!; **June 15th** is Smile Power Day-give everyone you see a big, friendly smile (they won't know what you are up to!); **June 18th** is National Splurge Day (oh, yeah!); **June 20th** is National Holler-in' Contest Day-you can yell at the top of your lungs today!; **June 22nd** is National Chocolate Éclair Day; **June 23rd** is National Pink Day-wear some pink this day; **June 26th** is Take Your Dog to Work Day; and **June 29th** is Hug Holiday Day-this day is for giving hugs to people you think may need one. There are many more, including: Paul Bunyan Day (**June 28th**); and Juneteenth Day (**June 19th**). Juneteenth day commemorates the freedom of the slaves in the United States (it is also known as Emancipation Day or Freedom Day). It has been an official state holiday of Texas since 1980.

Continued on Page 12...

JUNE 2015- CLIENT LUNCH MENU

Mon	Tue	Wed	Thu	Fri
1 Maple glazed salmon Scalloped potatoes Mixed Vegetables Chocolate & Diet Pudding Whole Wheat Dinner Roll	2 Pineapple Ginger Chicken Vegetable Medley Strawberry Cup—Reg Peaches—Diet Italian Bread	3 American Chop Suey Peas and Carrots Parmesan Cheese Fresh Orange Rye Bread	4 <i>High Sodium Meal</i> LS Hot Dog Mustard & Relish Baked Beans Coleslaw Mandarin Oranges Hot Dog Roll	5 Potato Fish Fillet Whip Potato with Chives Mixed Vegetables Pear Cup Rye Bread
8 Cheeseburger Ketchup Kernel Corn Baked Potato Chips Pineapple Hamburger Roll	9 Breaded Chicken Cranberry Sauce Whip Potatoes Carrot Coins Fresh Apple Light Rye Bread	10 Meatball Sub Tomato Sauce California Blend Veggies Parmesan Cheese Fresh Apple Sub Roll	11 <i>High Sodium Meal</i> Baked Ham/Fruit Sauce Whip Sweet Potatoes Broccoli and Cauliflower Ice Cream Oatmeal Bread	12 Krunch Lite Fish Potato Wedges Green and Gold Beans Lorna Doones Whole Wheat Bread
15 Chicken a la King Whipped Potatoes Peas and Carrots Unsweetened Applesauce Low Fat Muffin	16 BBQ Pork Patty Sweet Potato Wedges Cole Slaw Ketchup Packet Ice Cream Whole Wheat Roll	17 Mild Chili Shredded Cheese LF Sour Cream Green Beans Peach Cup Tortilla Chips	18 <i>Birthday Dinner</i> Roast Turkey with Gravy Red Bliss Whip Potatoes Carrot Coins Cran. Sauce Birthday Cake/Plain Cake Whole Wheat Dinner Roll	19 Fish Strips Tartar Sauce Potato Wedges Italian Blend Vegetables Fresh Orange Italian Bread
22 Beef Meatloaf with Gravy Whip Potato and Chives Chuckwagon Corn Strawberry Cup/Mandarin Oran. Oatmeal Bread	23 Chicken Cacciatore White Rice Parmesan Cheese Peas & Carrots Mandarin Oranges Whole Wheat Bread	24 Stuffed Shells California Blend Veggies Parmesan Cheese Fresh Apple Low Fat Muffin	25 Chicken Supreme Cranberry Sauce Whip Potatoes Scandinavian Blend Veggies Mandarin Oranges Oatmeal Bread	26 Fish Fillet Roasted Red Potatoes Vegetable Medley Sherbet Dinner Roll
29 Teriyaki Diced Chicken White Rice Scandinavian Blend Veg. Pineapple Multigrain Bread	30 Roast Pork Mixed Vegetables Whipped Sweet Potatoes Diced Pears Oatmeal Molasses Bread			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 2-6pm- Intake Night for Upscale Consignment Shop	2 5-6pm- New "50 & Fit" Class Begins.	3	4	5 9:30am- Parkinson's Support Group	6
7	8	9	10 9:45am- Nutrition Seminar: <i>Longevity Secrets of the Okinawans</i> by Tricia Silverman	11 9:30am- Men's Group	12	13
14 7:30-11am- Friends of the Elderly Breakfast Benefit	15 10am- MS Support Group 12:30pm- Cootie Party	16	17 12:30pm- COA Board Meeting	18	19 7pm- Silvertone's Dance	20
21	22	23	24	25 9:30am- Men's Group	26 9am- Friends of the Elderly Activities Meeting 12pm- Volunteer Appreciation Luncheon & Show	27
28	29	30 9:30-11- Rep Miceli's Office Hrs 10-11- Senator L'Italien's Office Hrs				

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I Can't Remember!
Submitted by Mary D

but now it's nearly mail time so I must say good-bye
dear,

Just a line to say I'm living, that I'm not among the
dead,
though I'm getting more forgetful and mixed up in the
head.

There I stand beside the mailbox with a face so very
red,
instead of mailing you my letter, I opened it instead!

I got used to my arthritis, to my dentures I'm resigned,
I can manage my bifocals but God I miss my mind,

For sometimes I can't remember, when I stand at the
foot of the stairs,
if I must go up for something, or have just come down
from there.

And before the fridge so often, my poor mind is filled
with doubt,
have I just put food away, or have I come to take some
out?

And there's the time when it is dark with my nightcap
on my head,
I don't know if I'm retiring, or just getting out of bed.

So if it's my turn to write to you, there's no need for
getting sore,
I may think that I have written and don't want to be a
bore.

So, remember that I love you and wish that you were
near

S	U	G	A	R	M	A	P	L	E	F	X	A	Q
Y	D	M	U	L	P	K	C	O	L	M	E	H	U
C	O	B	I	R	C	H	P	L	M	A	N	S	A
A	O	U	L	W	B	O	G	A	W	S	I	S	K
M	W	T	H	A	P	O	P	U	O	L	P	E	I
O	N	T	S	L	C	W	X	R	O	A	D	R	N
R	O	E	A	N	N	K	D	E	D	B	E	P	G
E	T	R	B	U	E	O	L	L	L	D	R	Y	A
T	T	N	U	T	O	A	H	O	L	D	R	C	S
S	O	U	R	W	O	O	D	A	C	O	E	M	P
C	C	T	S	O	L	M	D	K	K	U	L	R	E
G	E	S	D	L	B	E	E	C	H	A	S	I	N
I	A	R	Y	F	R	R	I	F	P	O	L	T	Y
B	L	A	C	K	C	H	E	R	R	Y	L	O	H

ASH	COTTONWOOD	PLUM
BALSAM	CYPRESS	POPLAR
BASSWOOD	ELMWOOD	QUAKING ASPEN
BEECH	FIR	RED ALDER
BIRCH	HEMLOCK	RED PINE
BLACK CHERRY	HICKORY	SOURWOOD
BLACK LOCUST	HOLLY	SUGAR MAPLE
BOXELDER	LAUREL OAK	SYCAMORE
BUTTERNUT	PALM	WALNUT

UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
June 17, 2015	3:00PM	Hampton Beach Continental	\$15 per person	Available Now
July 8, 2015	9:30AM	Fosters Lobster Isle of Shoals	\$97 per person	Available Now
July 22, 2015	10:00AM	Boston Duck Tour Lunch Fire & Ice	\$62 per person	Available Now
August 19, 2015	8:30AM	Essex Steam Train Connecticut River	\$89 per person	SOLD OUT
September 23, 2015	8:30AM	Salem Cross Inn Tour	\$73 per person	Available Now
October 14, 2015	10:00AM	Easthill Farm Octoberfest	\$73 per person	Available Now
November 4, 2015	TBD	Nashoba Wine	TBD	Not Available

This Day in History... Fun Facts About June

- June 1, 1792– Kentucky Became the 15th State
- June 2, 1924– American Indians Granted U.S. Citizenship
- June 3, 1965– First U.S. Space Walk
- June 4, 1937– First Supermarket Cart Introduced
- June 5, 1968– U.S. Presidential Candidate Robert F. Kennedy is Shot
- June 6, 1944– D-Day
- June 7, 1975 –VCR Introduced
- June 8, 1789– James Madison Introduces the Bill of Rights to Congress
- June 9, 1898– Hong Kong Leased to UK for 99 Years
- June 10, 1943– Ballpoint Pen Patented
- June 11, 1770– Great Barrier Reef Discovered
- June 12, 1939– Baseball Hall of Fame Opened in Cooperstown, NY
- June 13, 1920– U.S. Postal Service Rules That Children May Not be Sent by Mail
- June 14, 1775– U.S. Army is First Established
- June 15, 1751– Benjamin Franklin Shows That Lightening is Electricity
- June 16, 1903– Ford Motor Company is Incorporated
- June 17, 1885– Statue of Liberty Arrives in New York from France
- June 18, 1983– Sally Ride, First American Woman in Space
- June 19, 1846– First Official Game of Baseball
- June 20, 1877– First Telephone Service is Installed
- June 21, 1898– Guam Becomes a U.S. Territory
- June 22, 1942– Pledge of Allegiance Recognized by Congress
- June 23, 1868– First Typewriter Patented
- June 24, 1947– Term “Flying Saucers” First Used
- June 25, 1951– First Color TV Broadcast
- June 26, 1819– Bicycle Patented

- June 27, 1880– Helen Keller's Birthday
- June 28, 1919– World War 1 Ends With the Signing of the Treaty of Versailles
- June 29, 1964– Remote Control Introduced
- June 30, 1936– Gone With the Wind, by Margaret Mitchell is Published

Cribbage & Whist Winners

Submitted by Kay Maher

After 15 weeks the Cribbage winners are:

1st– Roy Porter
2nd– Mim Provencher
3rd– Janet Gilhooly
& Jim McPhillips

After 15 weeks the Whist winners are:

1st– Mary Chase
2nd– Joe Amato
3rd– Paul Johndrow

Winners from the Cribbage Tournament held on April 25th:

1st– Mary Chase
2nd– Lisa Letourneau
3rd– Jack Chandler
4th– Mike Becker

The next tournament will be held on October 24th. We hope to see you there!

Our regular Cribbage games start at 12:30PM on Wednesdays and Whist at 12:30PM on Thursdays. Coffee and dessert is served. Thanks to Noreen Arcand and Dennis Caprigno for all of their help!

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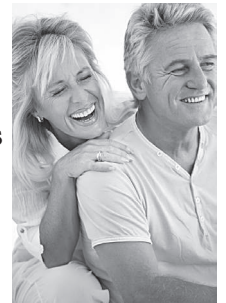
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...Continued from Page 5

Last but not least, we can't forget the Summer Solstice (**June 21st**). Welcome the start of Summer! Did you know that the sun does not set at the North Pole on Summer Solstice? However, for the rest of us, it also means that the amount of sunlight per day will start to decrease. So enjoy all the summer activities you can!

UPCOMING EVENTS:

June 16 th	Casablanca By The Sea (Portland Trip) Lunch, Portland harbor cruise, Shopping \$69.00– SOLD OUT Please call Cynthia Trudeau @ 978-851-9640 to be put on the waiting list This is the LAST event/trip before summer break.	9:00 AM – 6:00 PM
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CHRISTMAS IN JULY	We will be doing this event again. A \$10 Walmart Gift Card will go towards helping families during the Holiday season.
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Wishing you a Happy and Healthy start to your Summer!

IT'S IMPORTANT TO KEEP IN TOUCH!

We would be happy to mail you a copy of our newsletter, "SENIOR MOMENTS" each month...for only the cost of postage! Simply fill in the information requested below.

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